



Open House

Tuesday, February 21, 2017

11am - 2pm and 5pm - 8pm

Wednesday, February 22, 2017

9am - 2pm

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DIGITAL DETOX:
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metroLIFE

Your essential daily news | TUESDAY, FEBRUARY 21, 2017

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Calder CLASH

NHL first star of the week Patrik Laine battles rookie rivals in Toronto

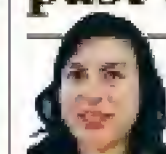
metroNEWS

The Jets are showing signs of life, but can they keep it up to make it into the post-season?
GENE J. PUSKAR/THE ASSOCIATED PRESS

Charities work overtime in face of 'new normal'

ASYLUM SEEKERS

30 people entered province illegally this past weekend: Police



Jessica Botelho-Urbanski
For Metro Winnipeg

The long weekend has left refugee aid groups short on supplies after the largest influx of asylum seekers so far came through Emerson, Man.

RCMP said in news releases they intercepted 30 people crossing into Canada illegally between Friday and Sunday, all of whom were brought to the Canadian Border Services Agency.

The Reeve of Emerson-Franklin, Greg Janzen, said he heard another five people crossed the border Sunday night.

"The numbers, the way they're climbing now, I can't see them going down unless we get a cold snap or lots of rain," Janzen said in a phone interview Monday, where he referred to the weekend influxes as the "new normal" for Emerson.

Winnipeg-based charities worked overtime Monday to cater to the new crop of asylum seekers. The Canadian Muslim Women's Institute opened their doors despite the holiday in hopes people would drop off donations of food, clothing, household goods and hygiene products.

Executive director Laurel Martin said CMWI

has already helped about 50 families in February, with 20 to 25 of them being asylum seekers who walked across the border. One of the families consisted of eight siblings trying to build a new life in Canada after their parents died, she said, calling the situation "heartbreaking."

The Salvation Army's Booth Centre has stepped up by providing 30 emergency beds. Maj. Rob Kerr said they housed 25 refugee claimants Sunday night and have designated units specifically for women, men, couples and families.

"We don't know how many people will end up staying with us long term, whether that means a week or a month or whatever. But we're going to do whatever we can to accommodate as many people as we can," Kerr said Monday.

"In my conversations with them yesterday and today, they are just so very appreciative."

The Salvation Army (180 Henry Ave.) is accepting financial donations to be put toward housing and feeding asylum seekers, while the Canadian Muslim Women's Institute (201-61 Juno St.) is open weekdays (10 a.m. to 4 p.m.) to accept gently used goods.

Martin said the asylum seekers' immediate needs include winter clothing, footwear, bedding and basic hygiene items, like toothbrushes and deodorant.

Welcome Place kicked off a crowdfunding campaign last week, which had raised about \$8,500 of its \$100,000 GoFundMe goal as of Monday afternoon.

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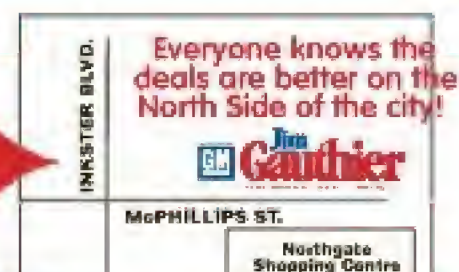
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Dir. #9827.



The Winnipeg Community Choice Awards want your picks for 2017



**METRO WINNIPEG
COMMUNITY
CHOICE**

Nominate your favourite local 'hidden gems'

It's back! After thousands of 2016 nominations and even more votes for your Winnipeg favourites, the Winnipeg Community Choice Awards are ready to roll for 2017.

Everyone has that favourite go-to place, whether it's a hair-stylist where the conversation is great, an auto repair shop that gives you the straight goods and exceptional service or a simple, cozy place to grab a great coffee. Once again, we're asking you to share those places with others! After all, they deserve some recognition.

"We created the Community Choice program to allow Winnipeggers to speak to each other and find hidden gems. We weren't sure what to expect

last year, but the response was incredible and I can't wait for this year's results," said Steve Shroud, VP of Sales for Metro English Canada.

You can participate through our very own Metro Winnipeg Community Choice Awards online portal. It allows you to tell us about amazing Winnipeg businesses and then let the community vote them to the top. There's nothing better than word of mouth to help give a boost to some of your favourite Winnipeg businesses.

The Metro Community Choice Awards covered 92 categories in 2016, with more than 4,700 nominated businesses, so readers will not only see Winnipeg companies in the spotlight, but great recommendations are at their fingertips if they're looking for something in particular to suit their needs. Last year, more than 11,900 votes were cast!

Metro will bring you the results of our reader-driven awards in special editions scheduled for later in 2017.



HAVE A SAY

Between Feb. 21 and April 25, nominate a Winnipeg business you think deserves the limelight and then vote on the nominations at MetroCommunityChoice.com. Final winners will be announced Aug. 29.

Best Place For Pizza — Garbonzo's Pizza Pub

'Garbonzo's — I really like the five cheese and tomato.'

Best Tourist Destination — Nhu Quynh Restaurant

'It's a Vietnamese restaurant. It's delicious food and very reasonably priced.'

Best Pub — The Pint

'The Pint is just very equalizing. Almost anyone can go there. You can go in rags, you can go dressed in a suit.'

Best Spa — Ten Spa

'They have their own product line. It's pretty lavish there. You can spend the whole day there. They have these daybeds. You can go to sleep. It was quite the experience.'



Linda Okoli



Mark Major



Cody Rex



Kimberly Redcliffe

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'Food brings people together'

FUNDRAISING

MasterChef Canada finalist teams up with local chef



Michelle Bailey
For Metro | Winnipeg

If you've never eaten a meal prepared by a finalist from a popular TV cooking competition, your chance is here.

Winnipeg culinary artist Jeremy Senaris—who came in second place in season three of MasterChef Canada—is teaming up with local chef Jordan Carlson to create a five-course foodie lovers delight for fundraiser this Saturday.

The event is in support of Winnipeg Harvest.

"Food is a necessity and everyone needs it regardless of social status or family income," said Senaris. "We all struggle at one point in our lives and the people at Winnipeg Harvest make it easy for those families in need, especially the children."

Senaris and Carlson are taking over Harvest's community teaching kitchen here in the city to create dishes using local ingredients and will be doing so right in front of their guests.

"We are making a salad, a pork tofu dish, a fish dish, a bison dish and a sweet surprise I've been working on that hopefully not too many people will have tasted before," said Senaris, who prides himself on making food that incor-



MasterChef Canada runner-up Jeremy Senaris, left, and local Chef Jordan Carlson are bringing their culinary skills to Winnipeg Harvest's Community Teaching Kitchen. RED PHOTO CO.

porates his Filipino heritage. "Food brings people together because in the act of sharing a meal, you can also share your culture."

Chris Albi, a communications manager at Harvest, said it's always heartening to see community members step up to help those in need.

Senaris says life has changed dramatically since appearing on MasterChef Canada.

Besides taking part in numerous charitable events, like the upcoming one, the city employee has also just recently become a new dad.

"I hope to teach my daughter by example, to teach her that

no matter where you come from you can do something to help others, whether it's giving someone some change, leftovers from the restaurant or helping in a bigger way," he said.

Tickets can be purchased at Harvest's website. The event is Saturday, Feb. 25.

Faces of Winnipeg by David Lipnowski



Originally from Belgium, George's family moved to Canada when he was a young boy. A lifelong bachelor, George is 70 years old, and is now retired from a career working on the railroads in and around Winnipeg. George worked for both railroad companies, CN and CP, in various positions over the years. While still working, George discovered a software package that let him create and edit MP3 music files, and he has had a passion for music ever since. During his retirement, he spends a lot of time listening to music, both through headphones and live entertainment at different Winnipeg venues. George also continues spending a lot of time on his hobby of mixing prerecorded music. Looking towards the future, George would still like to travel in his retirement.

Faces of Winnipeg This is a weekly Metro series appearing in every Monday's edition. In 2013, local photographer David Lipnowski launched his art project, A Portrait a Day, in which he captured everyday Winnipeggers on the city's streets. You could say this series is an extension of that exhibit.

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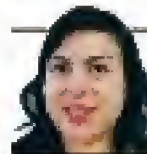
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JOEY'S RESTAURANTS

Erosion of riverbank a threat to seniors' homes

HOUSING

Councillor: Fix delayed until rapid transit plans finalized



Jessica Botelho-Urbanski
For Metro|Winnipeg

A group of Elmwood seniors is worried their affordable housing complex may soon be underwater.

Columbus House at 404 DeSalaberry Ave. borders the Red River in its backyard.

Residents say the riverbank's erosion has gotten so bad in recent years that their backyard sidewalk and nearby parking lot have crumbled.

Bev Boitson, Columbus House's resident president, said contractors refused to fix their sidewalk "because they said by next spring we'll have to do it again — that's how (much) the riverbank is shifting."

According to a September 2016 report from the city's riverbank management engineer, the gap between the river and Columbus House shrunk from 44 metres in 1988, to 32 metres last year.

Boitson said residents once clamoured to get onto the co-op's waitlist, but now there are five empty suites among the 70 rooms reserved for people ages 55+.

Daniel Blaikie, the MP for Elmwood-Transcona, said some residents are preparing to move due to the riverbank situation.

"There are some people who are starting to apply to Manitoba Housing because they're concerned that within the short



Columbus House resident Tom Ellis says the path alongside his apartment block may soon be underwater if the adjoining riverbank continues to erode. JESSICA BOTELHO-URBANSKI/ FOR METRO

to medium term, their place there isn't going to be viable anymore," Blaikie said.

"If anything we need to be increasing the social housing stock in Winnipeg, not watching it fall into the river."

Elmwood councillor Jason Schreyer and MLA Jim Maloway met with the Columbus House residents two weeks ago to field their questions.

There's dispute between the city and Columbus House residents about who's responsible for the riverbank maintenance.

Columbus House is built on land leased from the city for \$1 per year.

Residents say the plot doesn't include the land nearest the



There are some people who are starting to apply to Manitoba Housing. Daniel Blaikie

riverbank.

"(The city) says they don't have any legal responsibility to fix the riverbank," Schreyer said in an interview Monday.

The councillor said any decisions about whether to stabilize the riverbank are "in limbo" until final calls are made in regards to rebuilding the nearby

Louise Bridge and planning the eastern rapid transit corridor.

"We're literally losing the lot over time and unfortunately at this point, it's the rapid transit

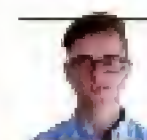
that may very well be the (deciding factor) putting this issue on hold," Schreyer said.

A 2011 engineering report commissioned by the Columbus House residents estimated repairs to stabilize their adjoining riverbank would cost around \$875,000.

Blaikie said the costs would be significantly more in 2017 and funding could come from multiple levels of government, possibly being rolled into other major projects' estimates, like those for the Louise Bridge.

SOCIAL MEDIA

Frosty tag warms city's pride



Braeden Jones
Metro|Winnipeg

Winnipeg is well known for having face-freezing temperatures, so why not embrace that identity?

That's the driving question behind Winnipegger Christopher Beauvilain's place-making photo project, dubbed "Frosty Face."

The initiative invites people with icy beards, eyelashes, moustaches, or overall frosty faces to wear it proudly in a selfie as evidence of their location with the hashtag, #frostyface.

Think a Snapchat geo-filter, except real.

"For me a city is a reflection of its people, and I wanted to share people of Winnipeg... with their big frosty smiles, out there embracing the cold," Beauvilain said.

"There are very few places in the world that experience seasons like we do here... we should celebrate it, promote it as something (unique)."

Recently, the concept caught on and winter activity festivals ranging from Festival du Voyageur (#frostyheho) to the Jack Frost Challenge have joined in the call for frosty selfies.

The way the photo project works best in the "coldest, darkest times" is what makes it so special, Beauvilain said.

"If we can celebrate what people consider the hardest times of the year, everything else is easier to approach," he explained. "It's not like we're surviving, it's about showing we're thriving."

Frosty faces aren't just for Winnipeggers either.

Anyone who visits the city during the coldest times of year can snap a frosty-faced selfie like a photographic souvenir to proclaim, "I was here, I experienced this kind of cold."



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Showing signs of life in playoff hunt

**First-star week
from Kid Flash
keeps hope
alive for now**

JONES ON JETS

**Braeden
Jones**



A week ago, the Winnipeg Jets' season was flat on the table with concerned-looking doctors all around, wondering if they should pull the plug.

The team had just lost four straight games while supposedly chasing a playoff spot. Home fans booed.

What's worse, juggernauts stood in the way of turning things around, including defending Stanley Cup champions in Pittsburgh, Atlantic Division-leaders in Montreal and a hot team with as many wins in Ottawa.

But the Jets, showing signs of life, met those titans with tightly played, little-things-done-right hockey to string some points together.

Coach Paul Maurice said he's liked the team's stick work, skating, finish and overall pace lately.

Combined with sensational play from rookie Patrik Laine, 18, they're flying into Toronto on Tuesday night with seven out of a possible eight points earned in four straight games.



Patrik Laine during the Fastest Skater portion of the All-Star Skills Competition on Jan. 28 in L.A. MARK J. TE/AP/THE CANADIAN PRESS

En-route to that 3-0-1 record, Laine did his part by potting five goals and adding three assists (eight points in four games), earning him the NHL's first star of the week honours.

Going into Toronto, he's facing his two rookie nemeses in Austin Matthews (28 G, 21 A, 49 Pt) and Mitch Marner (15 G, 33 A, 48 Pt), who he past on NHL leaderboards for points and goals this past week by raising his totals to 28 goals, 24 assists and 52 points.

If he and the Jets continue their strong play against the

Maple Leafs, the Jets could extend their point streak to five-straight for the first time since Nov. 8-15.

It could be the start of a run that the Jets know they need if they're going to break into the post-season. They are still on the outside looking in at the final Wild Card spot in the West, but if the teams ahead (Nashville, Calgary, Los Angeles, Vancouver) lose some and the Jets continue winning, hope lives on.

"We've got to string as many (wins) as we can together," said Captain Blake Wheeler.

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Montreal now a sanctuary city

IMMIGRATION

Designation means refugees have full access to local services

Montreal city council passed a motion Monday making it the latest Canadian jurisdiction to declare itself a "sanctuary city" for non-status immigrants.

The designation means undocumented refugees will have full access to local services regardless of their situation, with the city following in the footsteps of Toronto, Hamilton and London, Ont.

Mayor Denis Coderre told reporters he felt compelled to act

because of events in the U.S.

"One of the reasons I've done that is clearly because of what's happening in the United States and what I'm witnessing in Europe," Coderre said.

In recent weeks, more and more people have flowed illegally across the U.S. border into Canada as President Donald Trump cracks down on illegal immigration and imposes new restrictions on refugees. Canada Border Services Agency says 452 people filed a claim for refugee asylum at Quebec-U.S. land border crossings in January.

Given that current context, several Canadian cities have expressed interest in adopting similar motions, including Ottawa, Saskatoon and Regina.

Toronto became Canada's first sanctuary city in 2013.

Coderre, a former federal immigration minister, assured the measures will go beyond symbolism and help those most in need.

Available services would include access to municipal programs and buildings, including libraries and recreation centres, while Coderre said he wants to discuss major issues such as health, housing and education with provincial and federal authorities.

"The bottom line is to integrate them," he said. "And if you don't have a criminal case (or pose a security risk), we will normalize your situation. You will be able to remain here."

THE CANADIAN PRESS



A family of asylum claimants cross the border into Canada from the U.S. Monday, near Hemmingford, Que., an hour outside of Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Poll warns of anti-refugee sentiments

David P. Ball
Metro | Vancouver

Sunday's Conservative leadership debate in Vancouver continued to raise alarm over the federal Liberals' refugee policies, as the flood of asylum-seekers swells over the U.S. border into Manitoba, Quebec, and B.C.

But while some have dismissed anti-refugee sentiment as "fringe," a new opinion poll suggests it's more widely shared by Canadians than previously thought, even if it's a minority.

An Angus Reid Institute survey of 1,508 Canadians discovered that one-in-four would support a Donald Trump-style ban on accepting Syrian refugees into the country.

It appears that not all Canadians are welcoming of the newcomers. More than half, for instance, agreed with the statement: "Too many refugees don't make enough of an effort to fit into mainstream Canadian society."



Nicole Varin stocks shelves in Oka, Quebec. THE CANADIAN PRESS

Syrup producers struggle for 'a little freedom'

Quebec, the world's largest producer of maple syrup, is ramping up output as it fends off rising competition from the U.S. and neighbouring provinces as well as a farmer rebellion from within.

The province is adding five million taps over the next two years to its existing 43 million spigots. Simon Trepanier, executive director of the Quebec Maple

Syrup Federation, says that is intended to satisfy a growing appetite for the natural sugar, which is increasingly being used as an ingredient in food and drinks.

More than 90 per cent of the record 73 million kilograms of maple syrup made in Canada last year was tapped in Quebec, according to Statistics Canada. Yet the province's near-monopoly

over the maple syrup market is loosening.

Despite a 30 per cent increase in production over the last decade, Quebec's share of global output has fallen from a high of about 82 per cent in 2003 to nearly 71 per cent last year, according to data from Statistics Canada and the U.S. Department of Agriculture.

The problem, some say, lies with the tight grip that the Quebec Maple Syrup Federation has over the province's maple syrup producers. The group sets quotas and prices that Quebec sugar shacks have to abide by, requires they sell to authorized buyers and pay an administrative fee on their output.

THE CANADIAN PRESS

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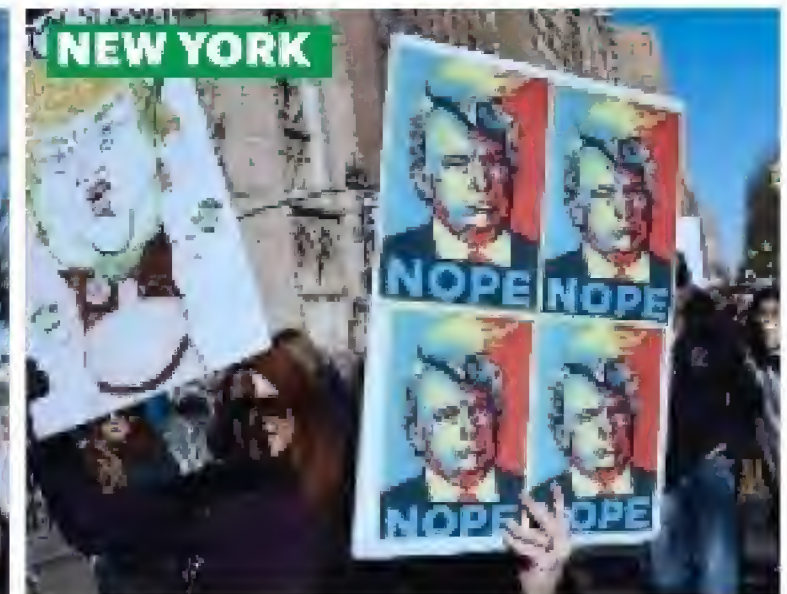
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CHICAGO



WASHINGTON



NEW YORK

Thousands across the U.S. rallied during Presidents Day. Activists seized on the holiday to organize rallies dubbed 'Not My President's Day' in opposition to Donald Trump. GETTY IMAGES

Thousands protest Presidents Day

ACTIVISM!

Rallies across the U.S. dubbed Not My President's Day

Thousands of demonstrators turned out Monday across the U.S. to challenge Donald Trump in a Presidents Day protest dubbed Not My President's Day. The events on the federal holiday didn't draw nearly as

many people as the million-plus who thronged the streets following the Republican president's inauguration a month earlier, but the message was similar.

Thousands of flag-waving protesters lined up outside Central Park in Manhattan. Many in the crowd chanted "No ban, no wall. The Trump regime has got to fall." They held aloft signs saying "Uphold the Constitution Now" and "Impeach the Liar."

A rally in downtown Los Angeles also drew thousands. Demonstrators there called attention to Trump's crackdown on immigration and his party's re-

"I'm trying to demonstrate as much as possible until I figure out what else to do. Rebecca Wolfram

sponse to climate change and the environment. Organizers said they chose to rally on the holiday as a way to honour past presidents by exercising their constitutional right to assemble and peacefully protest.

In Chicago, several hundred rallied across the river from the Trump Tower, shouting "Hey, hey, ho, ho, Donald Trump has got to go."

Rebecca Wolfram of Chicago,

who's in her 60s, said concerns about climate change and immigrant rights under Trump prompted her to start attending rallies.

"I'm trying to demonstrate as much as possible until I figure out what else to do," said Wolfram, who held a sign that said "Old white ladies are really displeased."

Several hundred demonstrated in Washington, D.C. Dozens

gathered around the fountain in Dupont Circle chanting "Dump Trump" and "Love, not hate: That's what makes America great."

Dozens marched through midtown Atlanta for a rally named with a Georgia flavour: "ImPEACH NOW! (Not My) President's Day March."

Hundreds of protesters chanting "This is what democracy looks like" marched through Salt Lake City.

The Salt Lake Tribune reports that the crowd marched to push back against Trump and his administration's stance

on such issues as the environment, immigration, free speech and Russia.

Some people raised signs that said "Not My President," while others held up a large American flag. Protester Reg Brookings warned the crowd that Trump is trying to divide the country by making such groups as immigrants the enemy.

A small but unruly group of protesters faced off with police in downtown Portland, Oregon.

Hundreds of Trump opponents and supporters turned out in Rapid City, South Dakota.

THE ASSOCIATED PRESS



Public Engagement

Southwest Rapid Transitway (Stage 2) Information Session

The City of Winnipeg invites you to attend a public information session regarding the upcoming 2017 construction season for the Southwest Rapid Transitway (Stage 2) Project.

Date: Tuesday, February 28, 2017

Time: 4:00 p.m. – 7:00 p.m.

Location: Canad Inns Fort Garry, 1824 Pembina Hwy, Ambassador Room F (lower level)

Format: Drop-in (come and go)

For more information, visit us online at winnipeg.ca/southwestrapidtransitway

Parker Storm Retention Basin Information Session

The City of Winnipeg invites you to attend a public information session regarding the construction of the Parker Storm Retention Basin as part of the Cockburn/Calrossie Sewer Upgrade Project.

Date: Tuesday, February 28, 2017

Time: 4:00 p.m. – 7:00 p.m.

Location: Canad Inns Fort Garry, 1824 Pembina Hwy, Ambassador Room A (main level)

Format: Drop-in (come and go)

For more information, visit us online at winnipeg.ca/parkerSRB

For inquiries or for those who require alternate formats or interpretation in order to participate, please contact 204-986-7134 or City-Engage@winnipeg.ca.



A firefighter carries a woman from her car after it was caught in flooding in Sun Valley, California. GETTY IMAGES

CALIFORNIA

Flood warnings issued amid heavy downpours

Forecasters issued flash flood warnings Monday throughout the San Francisco Bay Area and elsewhere in Northern California as downpours swelled creeks and rivers in the already soggy region.

The National Weather Service said heavy rain could persist into the evening and was expected to cause flooding on the Carmel River in Monterey County and Coyote Creek in Santa Clara County.

In the San Joaquin Valley, residents were patrolling levees for signs of danger, reviewing evacuation plans and filling hundreds of sand bags as the San Joaquin River kept rising.

"Our community is pulling together like real champs," said San Joaquin River Club resident

Paula Martin, who is helping co-ordinate emergency plans for the private neighbourhood of 800 homes.

Martin said the neighbourhood has sirens in a clubhouse and church that can warn residents of impending flooding.

The weather service issued snow and wind advisories, including a flash flood warning for the Soberanes burn area in Monterey County. It said winds could reach 60 m.p.h. in the San Francisco Bay Area.

Santa Cruz County had seen 2.8 inches of rain in 24 hours and could see up to eight inches before the storm passes Tuesday. Marin County got 2.3 inches of rain while close to an inch fell in San Francisco.

THE ASSOCIATED PRESS

GLOBAL DIGEST

Trump taps military strategist to replace Flynn

President Donald Trump has tapped Army Lt. Gen. H.R. McMaster, a prominent military strategist known as a creative thinker, as his new national security adviser, replacing the ousted Michael Flynn. AP

Russia's ambassador to United Nations dies

Russia's ambassador to the United Nations, a veteran diplomat known as a potent, savvy yet personable voice for his country's interests who could both spar and get along with his Western counterparts, died suddenly Monday after falling ill in his office at Russia's UN mission. AP

Five killed as plane hits Australian mall

Five people were believed killed when a light plane crashed in flames into a shopping mall on Tuesday in the Australian city of Melbourne, officials said.

Police Assistant Commissioner Stephen Leane said it appeared that no one aboard the plane had survived. AP

Moving abroad taxing

RETIREMENT

Mutual funds, stocks included in departure tax

Planning to take that dream job overseas? Or making a permanent move to the U.S., despite you-know-who in the White House?

Your RRSP and other investments could be the last

things on your mind. But they shouldn't be.

"There are tax implications to becoming a non-resident of Canada," says Abby Kassir, vice president, high net worth planning services, RBC Wealth Management Services.

When you are no longer a Canadian resident, the government requires you to sever ties to the country, meaning you are deemed to dispose of all of your assets at fair market value, with a few exceptions. Any unrealized gains will be

subject to income tax — known as departure tax — even if you have not actually sold the property, she says.

"Depending on the circumstances, the tax bill can be quite significant," says Todd Sigurdson, director, tax and estate planning with Investors Group. "The most common culprit of a large tax bill is the departure tax due on the deemed disposition of non-registered investments with large capital gains."

Assets subject to departure tax include stocks of all compan-

ies (public or private), mutual funds, exchange-traded funds, partnership interests, real estate owned outside Canada, foreign trusts and certain kinds of personal property that have appreciated in value.

Fortunately, Canadian real estate and RRSPs are exempt, so moving doesn't mean you have to sell your house or cash in your retirement savings.

"In fact, there is no obligation to dispose of any RRSPs or RRRs upon becoming a non-resident," says Kassir. TORSTAR NEWS SERVICE

150 WAYS of looking at Canada



POSTCARD NO. 21

GRAND PRE, NOVA SCOTIA

THIS PICTURE WAS TAKEN LAST AUTUMN AT GRAND PRE, NOVA SCOTIA, WITH BEAUTIFUL CAPE BLOMIDON IN THE BACKGROUND. I THINK IT IS THE MOST STUNNING PICTURE OF THE ANNAPOLIS VALLEY AND IT TAKES MY BREATH AWAY WHENEVER I SEE IT. JILL RHYNO

EMPLOYMENT

Uber accused of sexism

Uber's chief executive ordered an urgent investigation into a sexual harassment claim made by a female engineer who alleged her prospects at the company evaporated after she complained about advances from her boss. Susan Fowler Rigetti says her complaints were ignored because her boss was a high performer. THE ASSOCIATED PRESS

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Winnipeg Polycystic Kidney Disease (PKD) Patient Forum

Join us February 28th

Winnipeg PKD Patient Forum

February 28th, 2017

6:30 p.m. until 9:00 p.m.

Four Points by Sheraton Winnipeg South
2935 Pembina Highway, Winnipeg, MB

Polycystic kidney disease (PKD) is one of the most common life-threatening, genetic diseases affecting Canadians and can result in the growth of cysts that enlarge the affected kidney, destroying its ability to function.

Patients and their loved ones are invited to join this forum to:

- Learn about what a PKD diagnosis can mean for you or a loved one, as well as how PKD can be managed from Dr. Navdeep Tangri, Nephrologist, Seven Oaks Hospital, Associate Professor, University of Manitoba;
- Hear about what resources and support systems are available to you and your loved ones from Jeff Robertson, Executive Director, PKD Foundation of Canada;
- Have your questions answered during a Q&A period led by Dr. Navdeep Tangri and Jeff Robertson; and
- Meet other people living with PKD in your community.

All are welcome to attend!

To RSVP and confirm your participation, please visit:
WinnipegPKDPatientForum.EventBrite.ca



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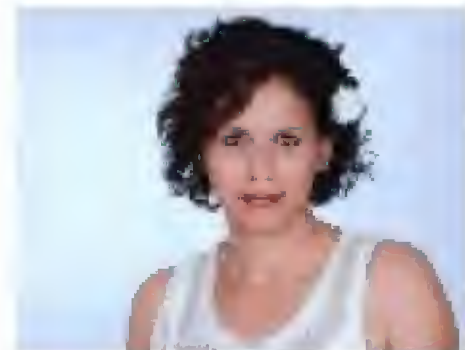
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SHREE PARADKAR ON MARKETING TO GIRLS



There's nothing ha-ha funny or cute about clothes that blare out words such as 'Future bride,' 'Allergic to Algebra,' and 'I only date heroes.'

If apparel oft proclaims the man, when it comes to girls, it appears to oft proclaim them sexual objects from a very young age.

It's 2017, and objectification of girls should have been a long-shunned shame of the past. Perhaps there is such polarization on the perception of equality (Girls' lives matter. No, ALL lives matter!) that issues around negative social messaging for girls are blindingly obvious to some and completely obscure to others.

What else might explain why push-up bikinis have been made for little girls or clothes with dumb messages, or, for heaven's sakes, pacifiers that say "Flirt."

There's nothing ha-ha funny or cute about clothes that blare out words such as "Future bride," "Allergic to Algebra," and "I only date heroes."

Pressure on girls has intensified instead of easing up. They have to look pretty, as defined by Eurocentric values, they have to be thin, and even sexy. The window in which to build resilience is rapidly shrinking.

The number of girls under age 18 who got breast implants tripled, from 3,872 to 11,326 in one year (from 2002 to 2003), an American Psychological Association report says.

Women's bodies have historically been decorative sexualized objects, but girls are not miniature women. Their still-forming ability to process cultural messaging makes them susceptible to marketing. If women end up with health issues — eating disorders, depression — in struggling to meet some arbitrarily ascribed fantasy for a body that extracts its pound of flesh, the seeds of that lowered self-esteem are sown when they are little girls.

It's easy for me to roll my eyes at the magazines on grocery check-out counters featuring digitally manipulated images of thin, tall white women. How to get hot bikini bods! How to tighten your butt! When I see diverse little girls gazing at them in wonder,



Re-write Billboards with messages like 'Follow your dreams, even the wild ones' were rolled out across Canada last week as part of a campaign to empower girls. SUPPLIED/CANADIAN WOMEN'S FOUNDATION

though, the only tightness I feel is in my heart as they soak in the glamour and unconsciously create their illusory ideals of beauty.

Perhaps those who buy and sell these hyper-sexualized messages have themselves bought into narrow ideals of female attractiveness. Perhaps the attendant suffering is all they know, which is why they perpetuate it.

The question is, how to break that cycle?

A cross-Canada ad campaign launched last week is trying to neutralize some of these harmful missives. For about six weeks, 30 cities and towns will feature dozens of highway billboards and subway posters roaring out messages like "Follow your dreams, even the wild ones," "Girls are fierce like tigers" and "You don't need to be perfect, you need to be YOU!" These messages, from Fayla, 9, Julia, 7, and Ava, 7, (in that order), were selected for Toronto from thousands that poured in from across Canada in a #GirlPowered campaign co-created by the Canadian Women's Foundation and ad agency Havas.

"We wanted to use the same media to send out a different message that was oversized

and empowering," says Paul-ette Senior, president and CEO of Canadian Women's Foundation.

"Girls are powerful beyond what they know themselves to be. We wanted them to maintain their sense of self, and not be so encumbered by messages of who they are."

The campaign launched in October, when it marked the International Day of the Girl Child with an event in downtown Toronto. Young girls were asked to share a message for their peers, then their responses were flashed on a billboard in real time. The excited reactions resulted in a heart-warming video that got shared by Upworthy, meaning, instead of the hundreds of views the organizers expected, it got hundreds of thousands.

The video was then shared on girlpowered.ca where girls are being asked to submit their own messages.

Cory Eisentraut, the VP and Creative Director of Havas Canada, the creative force behind the ad, is in talks to remake the concept internationally. This was also one of the times when his work turned into a meaningful conversation at home. When his daughter Claire, 9, sat down to com-

pose a message, her 8-year-old brother sat in. They discussed ideas that soon devolved into "Girls are better than boys."

It gave Eisentraut the chance to chime in. "It isn't about better or best. It's about equal," followed by a discussion on what equal means.

I wonder, though, if campaigns like these spur conversations in households where parents are already reflective. What role do they play in changing minds or at least provoking introspection? Or do people tell their daughters they are tigers but not unpack or model the specifics themselves?

The best hope for systemic change is when women take on corporate leadership roles.

By some estimates, it will take about 40 years for North American boardrooms to achieve gender parity. Looks like we're relying on the "girls are tigers" messengers to also do the heavy lifting in the future.

Let us, as adults at least, enable them by dialling down our dumbness.

Shree Paradkar is a Toronto Star columnist and digital editor. She tackles issues of race and gender.

Bus stabbing puts system on trial, too

INSIDE THE PERIMETER

Shannon VanRaes



It's easy to feel contempt for an angry-looking young man in Facebook photographs.

Appearing to grip a handgun in one, in another he seems to be smoking something out of a miniature liquor bottle, flipping the camera the bird as he goes.

Last week Brian Kyle Thomas, 22, was charged with second-degree murder in the death of Irvine Jubal Fraser, a 58-year-old transit driver who was fatally stabbed while on shift at the University of Manitoba.

The charges against Thomas have not been proven in court, and in Canada people are presumed innocent until found otherwise.

The crime is surely shocking. But so is the story of the man who stands accused of it.

As previously reported, Thomas was born on Shamattawa First Nation with fetal alcohol spectrum disorder and immediately taken into foster care. Over the next 18 years he would be placed in 73 different foster homes.

That means that as a baby, a toddler, a kid and teenager, Thomas packed up his meagre belongings an average of four times a year and moved to a different house, a different bedroom, a new routine, new rules, new foster parents and possibly a new school.

He then aged out of the system without a high school diploma and be-

came homeless.

Many Indigenous children in government care are failed by the very system that is supposed to not just protect them, but lead them into a successful adulthood.

In 2001, 88 per cent of Indigenous inmates and 63 per cent of non-Indigenous in a Manitoba correctional facility did not live at home during their teens, mainly because they were in foster care, according to a study cited by the office of the Children's Advocate in 2012.

That same report noted a prevalence of FASD among adult prisoners.

In what appear to be Thomas' Facebook photos, there are no images of his family, no vacations, no friends, no school portraits.

He posts a picture of a cat he calls "MEW like on pokemon" and writes "miss my cat alote." No one responds. No one seems to care.

Thomas has seven previous criminal convictions including convictions for assault, uttering threats and possession of a dangerous weapon.

I would not want to live next door to an accused murderer. But no one is born with a rap sheet.

A long series of failures and injustices — historical and modern — lead to tragedies for victims and their families, for society, and for those who stand accused.

And unless we take a critical look at the road travelled to this point, there will be more heart-break.

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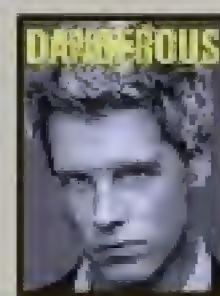
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HEALTH

More people opting to switch off from device-driven days for a digital detox

When songwriter Natasha Valencia lost her phone three times in one day — at a coffee shop, in her car, and under a pillow — she wasn't bothered.

In fact, she felt more "in control" that Sunday in December. When her boyfriend found her iPhone 5S and offered it back to her, she didn't want it.

"I felt a little freer to go about my day not attached to anything, not feeling like I needed a device to get through the day," she says.

So Valencia, 22, decided to make going phone-free a Sunday habit. Her accidental digital detox is now deliberate. Every Saturday night, instead of charging the phone at her bedside, she leaves it on silent mode in a drawer of her apothecary table until Monday morning.

"Out of sight out of mind," says the Torontonian. "I've noticed my thoughts are clearer on those days (without my phone)."

The products of the digital age — smartphones and laptops and tomorrow's innovations — are increasingly met with trepidation as the "dark side" to these devices, are exposed, says technology analyst Carmi Levy. The potential to be hacked, tracked, robbed, and overworked or to become an "addict" to our devices is a growing concern. The discourse has changed from one of innovation and awe to apprehension.

"We're increasingly looking for solutions that allow us to disconnect, and gracefully find some time to recharge

our battery," says Levy.

"Digital detox" is now part of the lexicon as weekend getaways encourage "unplugging." Social networking sites rise and fall like the short-lived video-sharing Vine app, and other goliaths including Facebook are losing users, according to tech research groups. More people are downgrading to flip phones, those relics of the early decade, according to research firm IDC. Nokia is rumoured to be launching a throwback to the basic cellphone it first sold 17 years ago, according to VentureBeat.

"We're finally starting to wake up to the realities of what the always-on lifestyle is costing us," says Levy. "We're overworked and over-connected. Smartphones very quietly break down the barriers that once existed between our professional and personal lives."

That lifestyle began in January 2007 when Apple launched the iPhone. South of the border, it was called a revolution by founder Steve Jobs. "Every once in a while a revolutionary product comes along that changes everything," said Jobs.

Levy remembers the launch "like it was yesterday."

"I often call these moments inflection points, and Jobs' reveal certainly was one," he says. Smartphones started the "mobile revolution" changing how the world communicates.

A few months earlier, Mark Zuckerberg had opened Facebook. The iPhone would become the dwelling place of the social network with more than 147 million monthly active users by 2013.

Some who desire an escape from their digital life literally run for the hills. A Toronto "camp for adults" asks some 250 participants to "step away from their adult persona and find their inner kid," says Emma Brooks, one of eight co-founders of Camp Reset, an "adult

summer camp and digital detox" offering its fourth four-day excursion this June at Camp Wabanowin in Orillia.

Camp Reset is four days of meditation, yoga and forest dance parties, devoid of real names, talk of work and devices. Camp Reset is four days of meditation, yoga and forest dance parties, devoid of real names, talk of work and devices, which are discarded in a ceremony at the start of the weekend. Campers take a no-phones pledge and press a giant wooden button with the word "RESET" on it.

A similar pledge was the task at hand for the mostly 19- and 20-year-old students in Trent Cruz's Social Media, Virtual gaming and Networked Life class at Western University. His students defined the terms of their own weeklong digital cleanse — some cut out certain apps, others put their phones aside entirely — and wrote journal entries about the experience.

"There's a lot of anxiety around social media, the use of it or abstaining from it," says Cruz. This is why it was so difficult for his students to abstain from sites and apps including Facebook and Snapchat. Among their biggest concerns were the fear of missing out, or FOMO, and what to do when they were alone.

Valencia learned to give herself "permission" to be alone during her Sunday detox as though the mobile revolution of the last decade forced a kind of obligatory connection. Now she's more aware of the time she spends on devices during weekdays and how it affects her anxiety levels and her music.

"Being alone is good," she says. "You just kind of sit."

Now when she's out shopping and waiting for a friend or writing at a coffee shop, she chooses to "look around at the world," instead of at a screen. Especially on Sundays. TORSTAR NEWS SERVICE



Natasha Valencia, 22, is a Toronto songwriter who accidentally detoxed from her iPhone one Sunday and has made a point of doing a Sunday detox every week from her devices and social media. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

Crashing on the couch of a really Lazyman Comedy



In *Crashing*, Pete Holmes crashes on the couches of better comedians who make guest appearances. CONTRIBUTED

THE SHOW: *Crashing*, Season 1, Episode 4 (HBO)
THE MOMENT: The drug deal

Pete (Pete Holmes), a meh comedian whose wife just left him, is passing out flyers for a comedy club when a rival comic steals his corner. Detouring down a side street, he interrupts two guys doing a weed deal.

"I'm so sorry, I'm not a narc," Pete sputters to the dealer. "Though I'm sure that's what

narcs say. They're not going to say, 'I'm a narc.'" After another minute of this, Pete asks Dealer how to get his corner back.

"Set it off," Dealer says. "Be a man. Represent."

"Represent an attitude?" Pete asks, earnest but bemused.

"You gotta flip the switch," Dealer says. "You gotta light it up." "Sorry," Pete says, "but this sounds like lyrics from the album Willenium."

There's a potential comic riff

in here somewhere, about how square white guys think black guys are automatically cooler. But Holmes, who also writes the show, and Judd Apatow, who directs and produces it, didn't bother to find it. Instead, they let things meander in the general direction of funny.

The series' conceit is that in every episode, Holmes crashes on the couches of better comedians who make guest appearances — an excuse for Apatow

to hang out with his pals. So it has the vibe of improv, but without any shape or sharpness. It's *Lazyman Comedy*.

"I'm too soft to be in a fight," Pete says. "I'd be like a mattress going at it." It's a good description of the show. What I can't figure out is why we're supposed to care.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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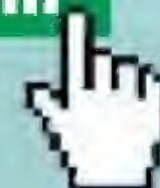
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Nursing plant babies in the jungalow

URBAN LIVING

No dimming grow lights as millennials pick pots over pets

Erin Kobayashi
Torstar News Service

My condo started transitioning into an urban jungle when I brought my outdoor plants inside for the winter. Despite my indoor plant collection doubling in size, I continued rescuing sad tropicals from the basements of retail stores. I stalked nurseries for chubby baby succulents to add to my thriving plant family.

But at 19 plants and counting, I wondered if I was referencing interior designer Justina Blakey's maximalist "jungalow" style or showing early signs of a serious hoarding problem.

Igor Josifovic and Judith de Graff, the founders of Urban Jungle Bloggers, recognize my plant addiction and actually celebrate the lifestyle on their blog and social media accounts every day.

"We believe that in today's

fast-paced, digitalized world we need to reconnect with nature. Especially the urban dwellers," says Josifovic, "We want a connection to something so basic yet so essential, that will remind us of the 'natural pace of life' beyond smartphones and social media."

After years of running a successful plant blog, in January 2016 Josifovic and de Graff launched the Urban Jungle Bloggers Instagram account and were shocked by its rapid growth.

In just over a year, their Instagram had a whopping 270,000 followers, mostly women between the ages of 18 and 45. Josifovic suspects the enthusiasm for slow-growing, green spaces is a reaction to life in the fast-paced concrete jungle.

Lack of time and limited space can also explain millennials' growing interest in houseplants. This segment of the population is working longer hours and a higher proportion are living in condos that often regulate pet ownership, making plants a cheaper, easier alternative. Given the circumstances, a nursery for plants rather than for human or "fur" babies sounds perfectly logical.

"For me, they are definitely



Millennials surrounded by concrete are creating an urban jungle in their apartments, with many taking on 'plant babies' in lieu of furbabies and actual babies. CARLOS OSORIO/TORSTAR

a sort of replacement as I can't have a pet but I still want something living and thriving in my home," says Josifovic, "By choosing the right plants, you can actually keep your lifestyle without being worried about your green roommates. Avid travellers will opt for low-maintenance plants that can survive without attention over weeks ... think of cacti,

succulents, but also sturdy plants like snake plants etc."

Nurseries and garden centres have all seen a small but steady spike in millennial-aged gardeners purchasing houseplants.

Nelson French, an assistant manager at Plant World in Etobicoke echoes Josifovic.

"Plants are a great place to start if you're not sure you're

ready to become a parent," he says. "Move from plants to pets and then, just maybe, to kids."

"Millennials know that plants can 'finish' an otherwise cold or sterile room with a hint of life — the perfect accent or feature room highlight — not realizing that almost all plants will have their dormant and/or ugly stages ... Just like kids they can fall vic-

tim to disease and pests that make them 'difficult' and sometimes far less pretty," French says.

But unlike children, you can slowly kill your once beloved plants and dispose of them without any consequences, or even shame.

Jewelry designer Sonia Kang, 29, reassured me that if my plants were healthy, I was not a hoarder but rather, a proud plant parent or crazy plant lady. She should know.

Kang lives in a 409-square-foot bachelor apartment in Toronto's west end with a dog, a guinea pig, and 140 plants, specializing in tropical foliage and citrus trees.

"I recently had to get curtains around my bed. I can't sleep at night because I have grow lights on. My citrus trees require eight to nine hours of light to fruit," she says.

But sacrificing sleep was worth the lemons, limes and calamondins Kang's trees have produced.

"I feel happiness," she says, citing a study by the University College London and Bristol University that naturally occurring soil bacteria has a proven mood-boosting, antidepressant effect. "Gardening caters to my more nurturing side."



SPONSORED CONTENT

CAMP GUIDE

Improving French skills at camp

Université de Saint-Boniface's (USB) day camps offer both French and English-speaking students the chance to have a blast over their spring and summer vacations, all while improving their French skills.

While USB has run its Camplus sur campus spring and summer day camps exclusively for French-speaking youth for over 30 years, in 2002 the school added a French-immersion summer camp to their programming especially for English-speaking kids aged 7-12 looking to learn or improve their French.

"The kids get way more than a typical day camp, they actually learn another language while having fun," explains USB's coordinator of Continuing Education Division, Renée-Lynn Gendron, of the summer camp called Tu Parles! "Usually in the mornings they'll do a lesson component and then they'll do fun activities in the afternoon — so it mixes education with typical day camp activities."

Université de Saint-Boniface's summer camp for French-speaking students (Camplus sur campus été) is open to youth aged 6-11, and this summer the program is expanding to include a three-week summer camp especially for older youth aged 12-14.

The school's spring day camp (Camplus sur campus printemps) runs March 27-31 and is



CONTRIBUTED

open to French-speaking kids aged 6-11 years. Parents can register their children for one or all days. This spring's theme is Around the World in 5 Days, with kids learning about different cultures from all corners of the globe.

Université de Saint-Boniface is now accepting registration for all of their spring and summer day camps, go to ustboniface.ca/campsusb for more information.

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HEALTH AND WELLNESS

Combat food poisoning by following these simple tips

Did you know that about 1 in 8 Canadians get sick every year from foodborne illness? Many of these cases go unreported because symptoms are similar to those of the stomach flu. The most common symptoms are stomach cramps, nausea, vomiting, diarrhea, body aches and fever.

Fortunately, most cases of food poisoning can be easily prevented by following a few simple steps:

1. Clean.

Clean anything that comes into contact with food, including your hands, kitchen surfaces and utensils, and reusable grocery bags.

Use soap and warm water to wash your hands. You can use an alcohol-based hand sanitizer if soap and water are not available.

Fruits and vegetables should also be washed under running water that's safe to drink.

2. Separate.

To avoid cross-contamination, always separate raw foods like raw meat and eggs from ready-to-eat foods like cooked meat and vegetables.

Put raw meat, poultry, fish and seafood in sealed containers, or in plastic bags on the bottom shelf of your refrigerator. That way their juices won't drip onto other food.

3. Cook.

Always cook food to a safe internal temperature. You can check this by using a digital food thermometer.

Meat, poultry, fish and seafood should be



ISTOCK

cooked within two to three days of purchase. If you don't plan to cook it within this time, it should be frozen. Remember, you can't tell if food is safe by its smell, taste or colour. When in doubt, throw it out.

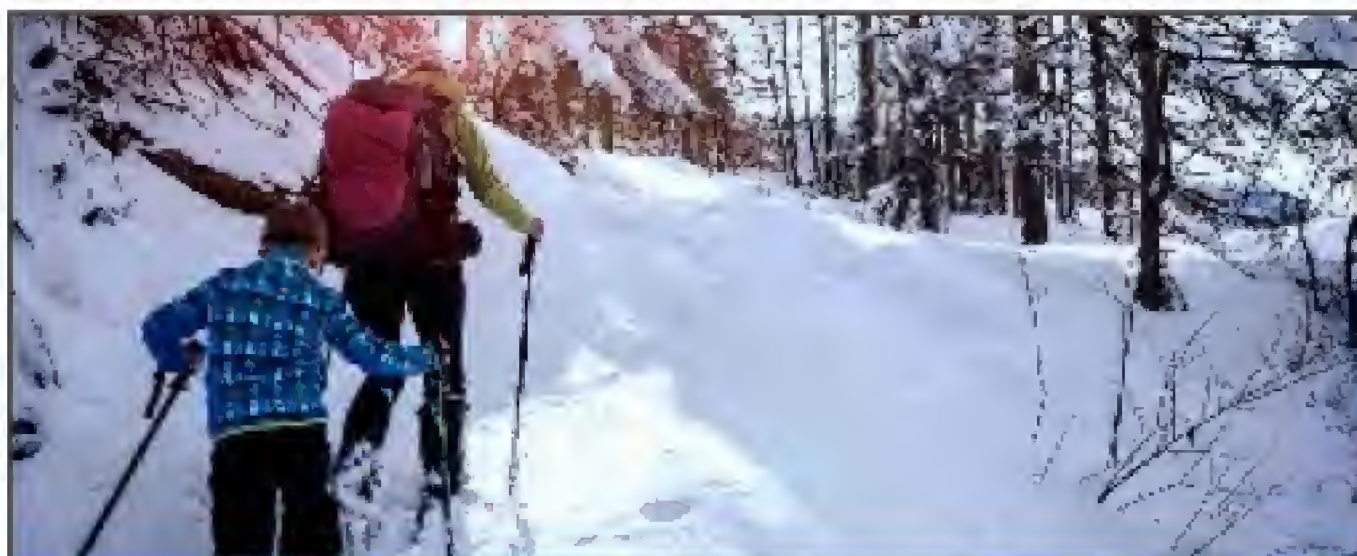
4. Chill.

One of the most important things to remember is to keep cold food cold and hot food hot. This

keeps it from reaching the "temperature danger zone" between 4°C and 60°C (40°F and 140°F).

Defrost raw meat, poultry and fish in the refrigerator or the microwave, or immerse it in cold water that's replaced every 30 minutes. Never defrost at room temperature. Foods defrosted in the microwave should be cooked immediately. Don't refreeze thawed food.

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FIND BALANCE IN YOUR LIFE WITH VERTIGO TREATMENT

Carly Sanders knows how devastating dizziness and vertigo can be.

"Last summer, I woke up one morning, rolled over in bed and suddenly felt like the bedroom was spinning around me," she says. Her symptoms only worsened, and she struggled over the next four months to understand what was wrong with her.

Sanders sought treatment at the Lifemark clinic on Nature Park Way, and received treatment from a registered physiotherapist who specializes in treating dizziness and vertigo. After months of living with dizziness, she finally feels relief.

"I feel great since being treated by Lifemark. All my symptoms are gone and I have been able to get back to my normal activities, which is very exciting," says Sanders.

Dizziness is one of the most common reasons for doctor visits, and 50 per cent are related to a vestibular, or inner-ear problem. Almost 1.8 million Canadians suffer from chronic vestibular problems and experience its devastating effects on their quality of life.

It's important that the condition doesn't go untreated, says Lifemark physiotherapist Lynne Barber.

"It can be very dangerous because people with this condition can fall or faint and they



Lynne Barber, physiotherapist, using infrared goggles to assess her patient. CONTRIBUTED

often end up in the hospital. Many patients feel there's nothing that can be done to help, but fortunately that's not true. There is treatment available that can make a world of difference," Barber says.

"You don't need to live with dizziness, vertigo and unsteadiness! There are simple fixes with high rates of success that can offer real relief," says Barber.



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Spring into action this allergy season with naturopathy

With spring just around the corner, it's the perfect time to start thinking about how to combat allergy season.

As the weather warms, many people often start to suffer from itchy watery eyes, runny nose, sneezing, clogged sinuses and headaches — but it doesn't have to be that way, according to Nature Doctors — Naturopathic Family Medicine Dr. Mary Anne Hembroff BSc ND.

"Sufferers are usually reacting to trees or grasses, and then ragweed allergies pop up in August until the first frost," she explains, adding that pollens are most active between 5 a.m. and 10 a.m. and on windy days, so people should try to avoid being outside at those times and should use air conditioners as opposed to having their windows open.

While a lot of people generally reach for medications, there are actually effective natural ways to help alleviate or even eliminate the consequences of allergy season.

"As naturopathic doctors, there are many things we can do to significantly reduce or eliminate seasonal allergies. By treating the root cause of someone's allergies, we can eliminate them for life, without the need to manage symptoms."

In fact, newer research has proven what naturopathic medicine has been basing treatments on for years, which is why Nature Doctors bases its practice on treating the patient as a whole, rather than the way modern medicine does by treating only the symptoms.

"We focus on family health needs and our

WE FOCUS ON FAMILY HEALTH NEEDS AND OUR MEDICINE IS BACKED UP BY SCIENTIFIC RESEARCH.

— **Dr. Mary Anne Hembroff, BSc ND**

medicine is backed up by scientific research," Dr. Hembroff adds.

Naturopathic doctors complete an undergraduate degree with similar pre-requisites as medical school, and then a four-year post grad.

"We take nearly identical courses as medical doctors, including pharmacology anatomy and physiology to name a few. This allows us the ability to diagnose and treat, utilize lab testing, and communicate with MD's on a very scientific level."

Nature Doctors has been practicing for more than 10 years in Manitoba and boasts having 10 naturopathic doctors and one acupuncturist/homeopathic doctor who are able to treat varying conditions including IBS, Lyme disease, arthritis, fertility, hormone imbalance and so much more.

The best part; patients are covered by a variety of insurance plans. For more information or to book an allergy test for \$50 off by mentioning this article, please visit thenaturedoctors.ca.

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Un enseignement en français au cœur du Canada

La Division scolaire franco-manitobaine se distingue par :

- ✓ La grande qualité de son programme d'éducation.
- ✓ Des activités sportives et culturelles diversifiées.
- ✓ La qualité élevée du français de ses diplômés.
- ✓ Une programmation variée et enrichissante : Baccalauréat International; Cours à double reconnaissance avec l'Université de Saint-Boniface; Programme d'exploration des métiers.
- ✓ Le transport scolaire.

A French education in the heart of Canada

The Division scolaire franco-manitobaine stands out for:

- ✓ The great quality of its education program.
- ✓ The diversity of its sports and cultural activities.
- ✓ The high quality of French of its graduates.
- ✓ A wide array of programs: International Baccalaureate; Double accredited courses with Université de Saint-Boniface; Trades Program.
- ✓ School bus transportation.

Écoles secondaires High schools	Portes ouvertes Open house	Tél. Courriel Tel. Email
CENTRE SCOLAIRE LÉO-RÉMILLARD	1 ^{er} mars, 19 h. March 1 st , 7:00 p.m.	204 256-2831 cslr@dsfm.mb.ca
COLLÈGE RÉGIONAL GABRIELLE-ROY	2 mars, 19 h March 2 nd , 7:00 p.m.	204 878-2147 gabrielle.roy@dsfm.mb.ca
COLLÈGE LOUIS-RIEL	7 mars, 19 h March 7 th , 7:00 p.m.	204 237-8927 louis.riel@dsfm.mb.ca

FOSTERING LEARNING THROUGH CREATIVITY



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Keeping the Francophone community vibrant with arts, sports student programming

The educational experience for students in the Division Scolaire Franco-Manitobaine (DSFM) goes well beyond just reading, writing and arithmetic.

As well as giving students the resources to excel in their studies, Manitoba's only school board offering full-time French education also has strong arts and sports programming for students in their senior years.

"Whether it's through the arts or through sports, we've put a lot of emphasis on rich programming and extra curriculum activities that keeps the Francophone community vibrant through play and creativity," explains Marc Roy, principal at Collège Louis-Riel. "We as a school and as a community want to reinforce that arts and culture are important — it's who we are — and we want to make sure that we nurture this with our students for them to keep performing on any stage possible."

Collège Louis-Riel's music programs include traditional band, jazz band, guitar and choir classes, and the Grade 7-12 school has earned a reputation with annual appearances at the Optimist Clubs of Winnipeg International Band Festival. In 2012, the school's big band won the festival's Don Green Award for their outstanding performance.

The school also has a keen focus on the visual and performance arts, with art classes

open to all students, and a drama program that shows off its talent at festivals and plays throughout the year.

Music and art play just as an important role at the DSFM's other Winnipeg secondary school, Centre Scolaire Léo-Rémillard, with visual arts and music classes, as well as a pottery program offered.

But the big news at the school is a brand new hockey team which joined Collège Louis-Riel's team in the Winnipeg High School Hockey League for the first time this season.

Centre Scolaire Léo-Rémillard principal Dale Normandeau says a steadily growing student population at the Grade 9-12 school led to the decision to add the hockey program to the school's sports curriculum.

WE AS A SCHOOL AND AS A COMMUNITY WANT TO REINFORCE THAT ARTS AND CULTURE ARE IMPORTANT — IT'S WHO WE ARE — AND WE WANT TO MAKE SURE THAT WE NURTURE THIS WITH OUR STUDENTS...

— Marc Roy, Collège Louis-Riel principal

"The response from students has been tremendous and we ended up with more than enough to field a team," he says. "We're holding first place in the division right now, so that's not a bad start."

For more information on all the programs offered through the DSFM go to dsfm.mb.ca.

LEARNING CURVE

Explore new skills and career paths

Manitoba Institute of Trades and Technology programs are designed to encourage learners to master their existing skills, explore new skills and consider new career paths.

"Continuous learning is one of the nine essential skills needed for the workplace, MITT is committed to inspiring life-long learning," says Beverlie Stuart, senior manager of Workforce Development and Continuing Education at MITT.

MITT's training is always developed in collaboration with industry and subject matter experts.



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"Skills learned in our courses are current, relevant and industry driven," says Stuart.

With this in mind, MITT is excited to offer two new programs this spring: the residential framing program and Adobe Photoshop.

The new residential framing program was developed in partnership with the Manitoba Construction Sector Council and Manitoba Home Builders Association to meet the current

and emerging skilled worker demands in the residential home building industry — just in time for the start of the spring construction season.

The program is designed for learners to fast-track into a rewarding career as a residential framer in just eight weeks (with a four-week practicum) and begins Feb. 27.

The new Adobe Photoshop course is the first

up in a new series on core Adobe programs.

"Photoshop is the famous image editing software that changed how the world looks at pictures," says Stuart.

"More and more businesses are looking for people who can handle the dozens of electronic formats and images used daily in projects — but this is a fun course for anyone interested in digital imaging."

This course starts on March 15 and runs through to May 17.

MITT will be launching many new courses this fall: AutoCad, MS Office (Word, Excel, PP, Outlook), DIY home renovations (framing, drywalling, residential wiring, interior finishing/design), social media/web developer, leadership essentials and hairstyling for the film industry.

For those interested in learning more about MITT and the programs they have to offer, MITT invites you to attend their open house on Feb. 22 and 23. To find more information on MITT's Continuing Education programs or to register, go to mitt.ca.

FAST FORWARD YOUR FUTURE

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INTRODUCING:

MITT Continuing Education & Workforce Development's new Adobe Photoshop® Introduction AND Residential Framing Certificate Program

Our Adobe® training starts with the basics of Photoshop®. Learn important features and basic to advanced techniques, and get expert advice on how to apply these in the real world from certified instructors. MITT will be offering an intensive 8-week course in construction framing (with a 4-week practicum), just in time for the spring construction season.

Visit mitt.ca/adobe or mitt.ca/homeframing

Come to Our Open House on February 22 & 23
Call 204.989.6500 or register online at mitt.ca/openhouse



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The desire to help and care for people in need is something Elry Ascano has always been passionate about.

Growing up and living in the Philippines, Ascano always wanted to become a nurse or a doctor, so when he moved to Canada, he knew he wanted to pursue a career in the health care field.

When he began searching for the best way to get into the field, he knew the health care aide program at Robertson College was the right choice for him.

"I chose Robertson College because I know it is a great college based on the things I researched and also from my friends who graduated and were studying there at that time," he says.

"Also it offers a great education that can lead to an easy employment after graduation."

After successfully completing the health care aide program, he continued on to the unit clerk program to be able to practice as a nursing assistant.

Ascano excelled in the HCA program and graduated from Robertson College in 2015 and is now employed as a nursing assistant at the Health Science Centre.

"Robertson College helped me a lot, especially in getting a job in the health care field, particularly in a hospital," he says.

"The program did not only prepare me to become a great health care provider but also to become a great person because of the lessons I've learned from my wonderful instructor."

Even though Ascano is thrilled with his current employment, he has not let go of his dream of one day becoming a nurse or doctor — along with another goal of helping others.

"In the future I also want to experience teaching in the college where I graduated and share my expertise and experiences with the new students who will pursue the same career," says Ascano.

For those who also have a passion for helping others in need, Ascano says he would recommend the HCA program at Robertson College because it prepared him for his new career.

"Robertson's program is really great and it prepares you for the workforce with outstanding skills and a high level of standards," he says.

"They even help you in your preparation for employment, like making a targeted resume and also help you in your job hunting."

The health care aide program is a 26-week program, with daytime, afternoon, evening and weekend classes available.

For more information about the health care aide program at Robertson College, visit robertsoncollege.com.

THE PROGRAM DID NOT ONLY PREPARE ME TO BECOME A GREAT HEALTH CARE PROVIDER BUT ALSO TO BECOME A GREAT PERSON BECAUSE OF THE LESSONS I'VE LEARNED FROM MY WONDERFUL INSTRUCTOR.

— Elry Ascano

Keep some balance in your life with distance education

The road toward your dream career is not always paved. For some, it takes a journey down the unbeaten path or taking a detour off the road ahead to discover what they are truly passionate about.

For Shane Parrington, public relations/volunteer coordinator at Wellington College, she never thought her journey would lead her to a career in massage therapy.

"My first encounter with massage therapy was wondering around the Rotary Career Fair in the mid '90s trying to figure out what I wanted to do," Parrington says.

"I had tried the university route, and was unsuccessful."

She says she was always an outgoing person who had a passion working with people.

"I love physical work, had an interest in physical health and loved learning," says Parrington.

"I came across the Wellington College booth and picked up information on the massage therapy program."

Wellington College appealed to Parrington

because their high education/professional standards and family-like atmosphere.

More importantly, the distance education program option was the biggest draw for Parrington.

"The appeal of the distance education program at the time allowed me to balance working with the Air Force Reserves and martial arts training while studying for massage therapy," she says.

The distance education program allows students to complete their diploma via the one-year basic massage therapy program followed by the two-year advanced massage therapy program.

For her, the main challenge of distance education was being disciplined with her time management.

"The distance education program is a combination of self-directed learning and regularly scheduled seminars," says Parrington.

"For others the appeal or rewards of distance education may be balancing family demands or not having to sacrifice current



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income while going to school."

But through discipline and determination, Parrington completed the three-year distance education and is now a registered massage therapist and an employee of Wellington College — a destination she is happy her

journey has taken her to.

The deadline for applications for the distance education program is May 15.

To learn more about the distance education program, go to wellingtoncollege.com or call (204) 957-2402.



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You've got this! Public speaking made easier

You're sailing through scholastic life with a smile and a spring in your step, until you get the news that an oral presentation is expected of you soon. The dread of public speaking sets in, and you begin to wonder how to possibly prepare for such a terrifying task. Dr. Martin Antony, professor at Ryerson University and author of the *Shyness and Social Anxiety Workbook*, says the best beginning is to keep the presentation in perspective.

"It will happen and then it will be over," says Antony. "Whatever happens won't matter much after it's done. A day later, a week later or a year later.

"Also, recognize that most people, including those in the audience, have anxiety around public speaking," reminds Anthony, adding that interpreting this presentation as a practice run for larger scale speaking engagements of the future will help to lessen the personal stakes.

Frank Leskovjan, career services counselor at the University of Winnipeg, adds that the pre-presentation jitters can be a positive for the student.

"Use your nervousness to motivate you to work hard on the presentation," says

Leskovjan. "Preparing thoroughly can ensure you are confident about the material you are presenting."

Leskovjan advises this preparation might include enlisting a friend to play audience.

"Practicing in front of someone you trust who may offer positive, encouraging feedback can help you feel more comfortable about sharing what you have to say," Leskovjan says. "Have your notes written out clearly in point form so you can easily refer to them as you speak."

And on the day of the big event?

"Arrive early so you can organize your materials and feel ready and not rushed during your presentation" advises Leskovjan. "Take a few seconds to do some deep breathing or other relaxation techniques

RECOGNIZE THAT MOST PEOPLE, INCLUDING THOSE IN THE AUDIENCE, HAVE ANXIETY AROUND PUBLIC SPEAKING

— Dr. Martin Antony,
professor at Ryerson University

before you go up and speak.

"And remember, you are not alone. Even persons who present to groups as their livelihood can experience times when they are nervous."

Dr. Wendy Doughty, assistant dean of students at the University of Alberta, reminds that although not everyone chooses public speaking as a career, the event of an oral presentation will likely make its way into every job position. So take the chance to gain the skill now.

"Being able to present your ideas effectively will be an asset to your career," says Doughty. "Take a workshop on presentation skills, take a drama or improv workshop, join Toastmasters, and learn from observing others."

— LIZ BEDDALL



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One local school is giving away \$1,000* to help Winnipeggers increase their pay, find more challenging and fulfilling work or simply find a career that suits them better.

CDI College is offering students who enroll in any program at CDI College between Jan. 23 and Feb. 28, 2017, the chance to win a \$1,000 bursary. It's one of 25 bursaries totaling \$25,000 that the college will be giving out across Canada, to one student at each campus.

CDI College has more than 45 years of experience delivering high-quality, market-driven programs that help students develop the skills that employers in multiple industries are looking for.

Class sizes are small, so you'll experience a highly collaborative group dynamic and one-on-one attention from instructors who have years

of industry experience.

Every program provides hands-on training, so students get real-world experience in their fields. State-of-the-art labs help students get educated in the most current skills and practices employers demand. The school offers a plethora of programs in many areas to specialize in, including art and design, business, dental, health care, legal and technology. If you go to CDI College, you'll be job ready. The results speak for themselves. In 2014, more than 87 per cent of CDI grads were employed within a year of graduation. To qualify for the bursary, students must enroll by Feb. 28, 2017. Learn more at bursaries.cdicollege.ca

*Certain conditions apply. Contact campus for more details.



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NOT JUST A JOB, BUT A WHOLE NEW CAREER

The accounting and payroll administrator program at Herzing College will prepare students for a career, not just a job.

"Now is a great time to consider training in this field because an accounting department is essential to every business, whether it is small, medium or large — a business cannot function without this department," says Caroline Glowatski, an instructor at Herzing College in Winnipeg.

This program is designed for individuals who want to work in an accounting environment working with manual and computerized software, or within a payroll department.

The accounting and payroll administrator program is composed of three levels of manual accounting — SAGE, QuickBooks and payroll — as well as Excel.

Each course will provide students with a solid foundation to begin their new career.

Students enrolled in this program are provided with hands-on training in manual accounting, payroll and Excel, as well as account-

ing software using SAGE and QuickBooks.

This program is unique because students can take classes in the college or online because of the flex ed concept.

They are able to continue working full time and gain a college diploma at the same time.

"For those who do attend some classes in the college, they are able to enjoy the school atmosphere," says Glowatski.

Whether they are in class or online, they interact with their classmates.

"Students who are online participate in discussions because we learn from each other and each person's opinion is valued," says Glowatski.

Regardless of the delivery format an individual chooses, they will all have the opportunity to learn from knowledgeable and friendly instructors who care about the success of each student.

Glowatski herself has been teaching at Herzing for over 22 years and teaches both the in-class and the flex-ed option.



STOCK

In 2016, she received the Instructor of the Year Award for Herzing Canada.

Students of this program also take career development in which they create a professional resume and cover letters, enhance their interview skills and create a portfolio to ensure they are prepared for the

workforce upon completion of the program.

The accounting and payroll program is eight months including a one-month internship.

For more information about the accounting and payroll administrator program at Herzing College, visit herzing.ca/winnipeg.



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LEARNING CURVE



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The perfect time to start planning for your future

Your future career can begin with training through Professional, Applied and Continuing Education at University of Winnipeg (PACE).

“This is a great time to start planning for your future, and we’d love to talk with you at one of our upcoming information sessions about how PACE can help you get ready for the next step in your career,” says Katie Derksen, recruitment and promotions coordinator at PACE.

“Our programs are in high demand, so don’t wait.”

These information evenings are a chance for people interested in studying at PACE to come hear a brief presentation on the benefits of studying through Professional, Applied and Continuing Education at the University of Winnipeg, followed by a question-and-answer session.

People can meet with PACE’s recruitment and promotions coordinator, see where they’d be studying, and have their questions answered, all in a one-stop opportunity.

PACE part-time programs in particular are geared towards the working professional wanting to increase their qualifications while still working.

The part-time classes take place in the evenings, on the weekends, or online, keeping it easy for students to work while studying

towards their next career, or next promotion.

The full-time programs offer intensive classes for those who can make studying their full-time job.

Classes are Monday to Friday, 9 a.m. to 4:30 p.m., at the Buhler Centre.

While at the information evenings, prospective students can learn about some of the upcoming programs at PACE, such as the part-time applied project management certificate program, with courses starting in April.

And starting this August, PACE has five full-time programs starting, including the educational assistant diploma program, human resource management diploma, network security diploma, project management diploma, and the public relations, marketing and strategic communication diploma.

“We are continually evaluating our programs, making sure that our students are ready for real-world work scenarios, and we’re particularly proud of our current programs,” says Derksen.

The next information evening is happening on Wednesday, March 8, from 4:30 p.m. until 5:30 p.m.

It will be held in room 2BC59 in the Buhler Centre, which is located at 460 Portage Avenue. To learn more about the information evenings at PACE, visit pace.uwinnipeg.ca.

HELP KEEP THINGS SAFE THIS SUMMER

Toro Security & Event Services Inc. is looking for a few good men and women to help them keep things safe this summer.

The Winnipeg-based security service is hiring part-time guards to help out during their busy season at festivals, concerts and events like the Red River Exhibition.

"We're a different kind of company and we're looking for a diverse group of people to help out at our sites," says Toro Security's managing director, Colin Harris, explaining the biggest thing the company looks for in its guards is an outgoing personality and a passion to be a part of the event they're helping to keep safe. "We're looking for people that take the job seriously and won't be spending their shifts looking at their phones.

"It's a fast-paced job — you can be doing anything from searching bags for contraband and alcohol or looking for a lost child to just giving directions and helping people out — what we do is very diverse."

The guards Toro hires need to be trained and licensed to work in Manitoba, and Toro's Career Development Center at 1151 Henderson Hwy. has all the courses needed

to get started in security.

While Harris stresses taking the courses through Toro won't guarantee a job with the company, the training — including Toro's new Mental Health First Aid Training — gives guards the skills they'll need.

"Mental Health First Aid is the new black in security," explains Harris. "We deal with a lot of people with mental health challenges and this training helps in understanding what everyone's going through."

Toro's 12-hour Mental Health First-Aid course, which starts in March, is taught by instructors with psychology degrees who have spent a minimum of four years in the industry. The course is also open to the public and Harris says the training can be useful for anyone who works with the public.

Toro Security & Event Services Inc. is also a registered Red Cross Training Partner and they offer courses that are open to the public in all levels of CPR First Aid.

For more information on the courses available through Toro and to apply to be a part-time guard, go to torosecurity.com or call (204) 272-9000.



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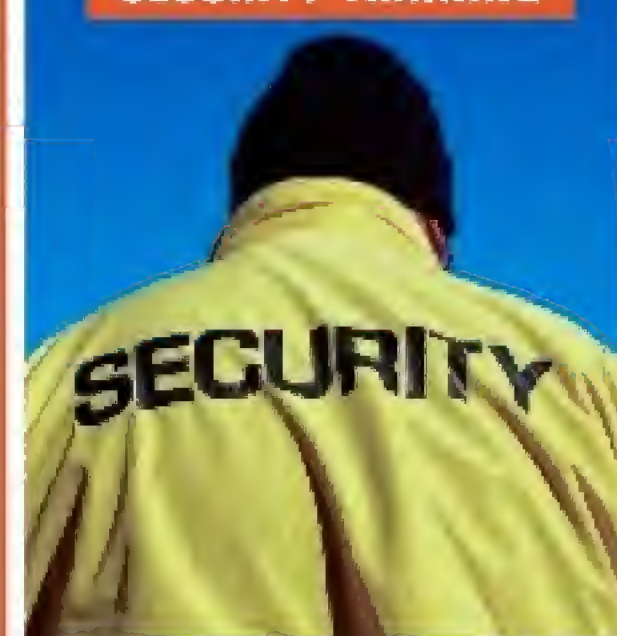
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Follow your musical dreams, learn to play

If you've ever dreamed of learning to play a musical instrument, your time has come.

Now through the end of February, Quest Musique is offering a special promotion that includes two months of instrument rental and 8 weeks of lessons at their Quest Music Academy for just \$169.

"Instrument rentals are normally between \$20 and \$50 a month and lessons normally start at \$20.50 per half hour, so it's a really great deal," says Mike Fondse, marketing manager with Quest Musique. "It's open to all ages and it gives students the chance to try an instrument with lessons and also have that instrument at home to practice with as they're learning."

The package is available for stringed instruments including guitar and bass, drums and any hand instrument.

The one-on-one 30-minute lessons are taught by Quest's team of professional in-

structors and lessons are run out of both of Quest Musique locations at 1308 Portage Avenue and 166 Meadowood Drive.

"The lessons are individualized for each student, so it'll be different for those just starting out than those who already have experience," explains Fondse. "And we have instructors from a variety of different backgrounds — some are classically trained with varying degrees from a bachelor degree all the way to a master's degree in either music performance or music theory — and some are touring professionals who teach while they're not gigging around with any number of local and national bands."

Fondse says Quest's wide range of experienced instructors means students can get lessons that are tailored to their specific interests in music.

"If you were looking to learn drums,



ISTOCK

say, for a rock band, then you'll be assigned an instructor who professionally plays in a rock band, where if you wanted to learn classical theory, like Royal Conservatory of Music style lessons, then you'd be assigned an instructor with experience in that field," he says. "We have

varying ranges of musical backgrounds from rock and blues to jazz or classical music."

Go to questmusicacademy.com or stop by either Winnipeg Quest Musique location for more information and to sign up for the limited-time promotion.

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Helping students along the road to well-being

Even for the sunniest of students, the pressures of on-campus life can bring along with them some dark times. The need to succeed, social stress and time away from home can all add to feelings of anxiety and depression.

So if you've noticed an on-campus pal obviously struggling, perhaps having become withdrawn or expressing a nervous energy that is beyond the norm, what can you do to help them along the road to well-being?

"Trust your instincts, express concern and be specific about the behaviour that worries you," says Debbie Bruckner, senior director of student wellness, access and support at the University of Calgary.

Bruckner adds that if the fellow student goes on to share their woes with you, listen to them with an open mind and ask questions that will help you understand their mindset.

"Remember to acknowledge thoughts and feelings, and to offer hope and whatever help you feel is within your means to provide."

Trish Schmidt, manager of counseling services at Guelph University adds that figuring out how you can administer aid can be as simple as asking for clarification.

"Ask directly if there are ways you can help," she says. "Sometimes a student will already know what they need."

Schmidt adds that encouraging your on-campus colleague to communicate openly with other people they trust can help them in feeling less isolated in their

emotions.

"Advise them to let others in their life know what is happening and encourage them to connect with these people such as family or close friends," Schmidt says. "And remind them of places they can talk about stresses privately, such as student support services, health services and counseling services."

And if you're feeling unprepared to take the situation on, Schmidt encourages the helping student to reach out for back up from professionals on campus.

"Take your observations to someone else if you can't respond yourself," says Schmidt. "Consult with someone else such as a counselor in counselling services or a professor or advisor."

Debbie Bruckner agrees that most all campuses provide a plethora of services for students who are struggling, listing case management, outreach support, peer support, psychiatry as well as massage and chiropractic therapy as a few other offerings.

"It's important in the end to respect the decision of your friend to either accept or refuse help," Bruckner says, adding that emergency situations would be the exception to that rule. "No matter what, reinforce that your offer to help remains open."

"And finally, of course, practice self-care," says Bruckner, reminding that it's just as important to pay close attention to your own emotional well-being, as it is to keep an eye on your friends.

-LIZ BEDDALL



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KIDS TAKE THEIR IDEAS TO THE NEXT LEVEL

Design is the bedrock of creation whether it is a chair, a house or a teddy bear, it all starts with an idea and then a design.

Nobody has more creative ideas than a child and now children can take their innovative ideas to the next level, actually making the plans to turn that idea into reality. This summer, let your children design the summer they have always wanted through the new kids design camp.

"From a sketch to a final working model, the kids design camp gives young designers the opportunity to see their idea come to life with accomplished design professionals," says Angela Chotka, program manager, RRC.

Kids design camp is for children ages 10 to 14 who enjoy drawing, design and innovation in new products and spaces.

"As children today are more aware of the world around them and the environment, this is an ideal way to explore their creative and design skills," says Chotka.

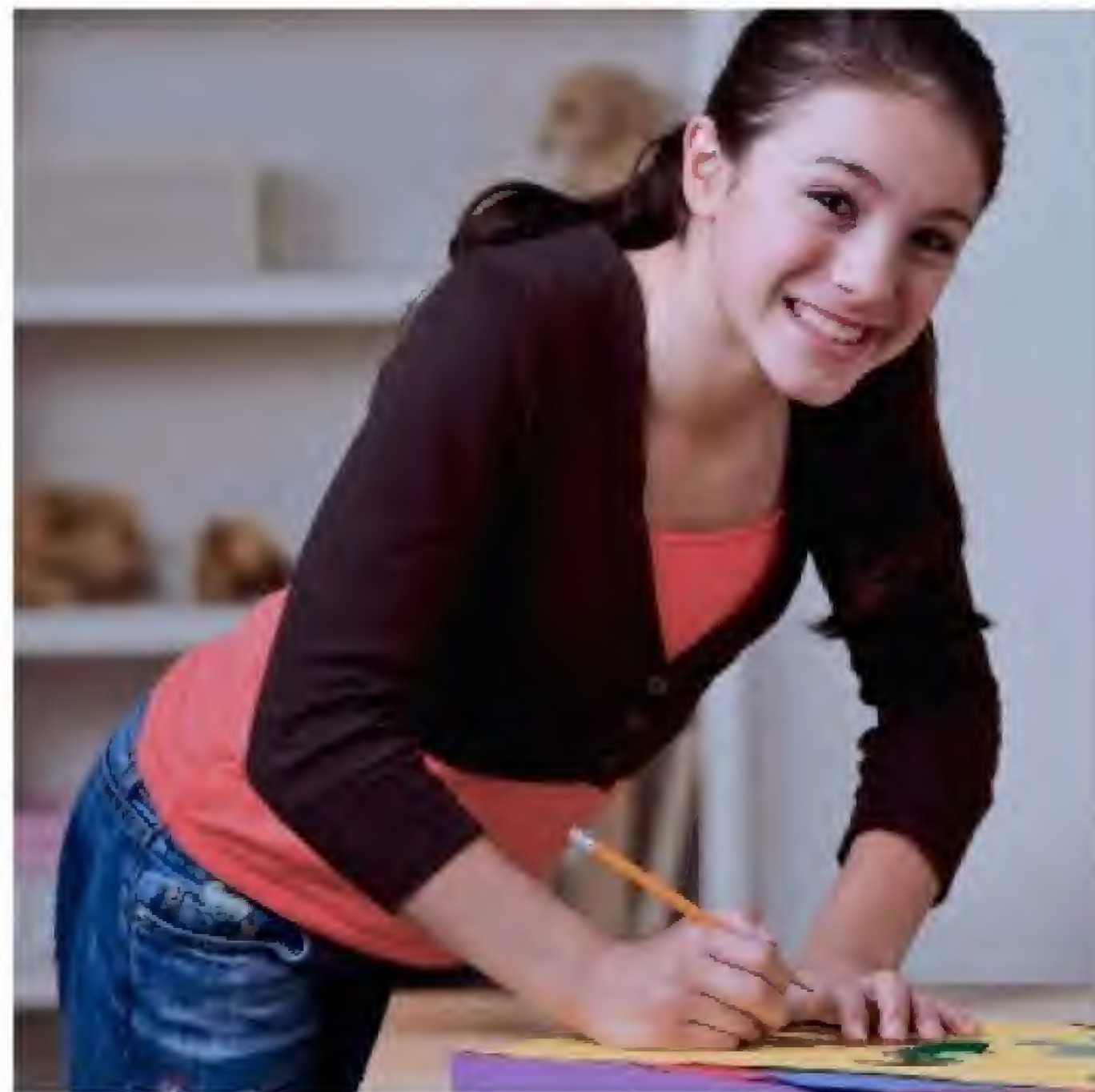
"Children who like creating, working with their hands and thinking about spatial relations and patterns will thrive in this camp."

Throughout the camp, kids will learn how to design their very own product or living space, perhaps their dream bedroom or a pattern that can be transferred to their own fabric.

They will learn how an idea can become a reality, how a concept goes from the drawing board to the production line. This camp is a great opportunity for children to explore new fields of interest outside of the regular school year, while still having fun learning new skills.

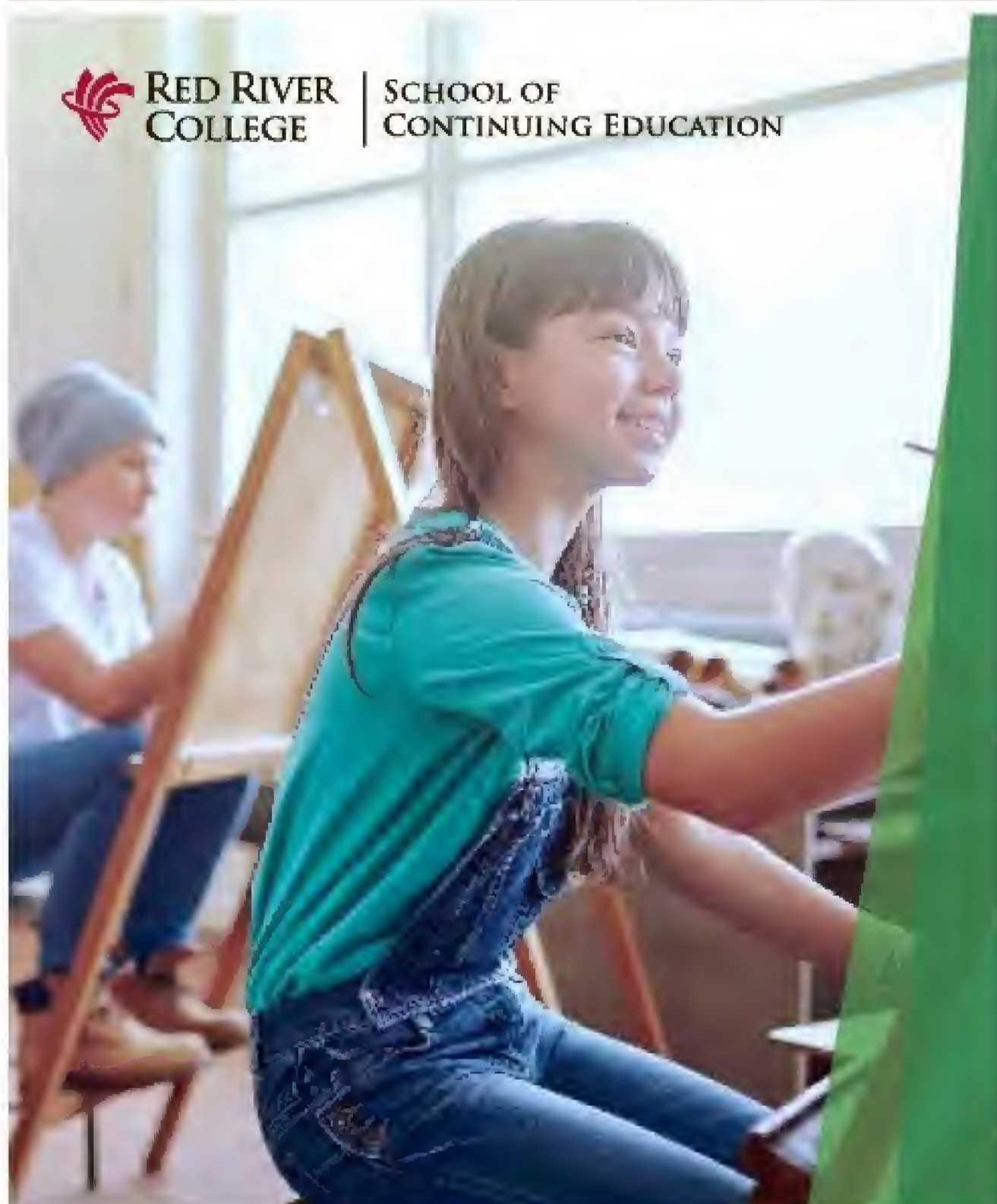
Chotka says children are the future, constantly confronting the pace of technology and global connections.

"From the WE Day movement to computer apps, the perspective of children is more important than ever," says Chotka. "Often, the most creative ideas come from children who don't see the barriers and are not overwhelmed by their ideas. Children see the positive side of design and innovation." Kids design camp is taught by professional designers and runs July 10 to 14 and July 17 to 21. Camp runs from 9 a.m. until 4 p.m. each day. For more information or to register for kids design camp, visit rrc.ca/summercamps.



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Lunch and material are provided.

Design Camp runs from 9:00 a.m. - 4:00 p.m., with drop offs at 8:30 a.m. and pick-ups by 4:30 p.m.

Camps fill up fast - register today.

Dates:

Week 1 | July 10 - 14 | 10 - 14 years

Week 2 | July 17 - 21 | 10 - 14 years

For more information and to register:

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Theft a key element of McCarville's game

CURLING

Thunder Bay rink dangerous without the hammer

Krista McCarville vows her Northern Ontario team is done with larceny, although it has been profitable for them.

Her Thunder Bay four-some led last year's Canadian women's curling championship in stolen points with 31, but it was the playoff round where they took thieving to spectacular heights.

Trailing in both games, McCarville stole three points over the ninth and 10th ends of a playoff win over Manitoba and did the same in a semi-final victory over defending champion Jennifer Jones.

McCarville, third Kendra Lilly, second Ashley Sippala and lead Sarah Potts out of the Fort William Curling Club fell 8-7 to Chelsea Carey in the final in Grande Prairie, Alta.

McCarville prefers they not white-knuckle their way to wins in St. Catharines, Ont., this year.



Northern Ontario skip Krista McCarville delivers a stone against Quebec on Sunday in St. Catharines. SEAN KILPATRICK/THE CANADIAN PRESS

"Just before we came here we talked about that and why that happened," McCarville said.

"We tried to figure out why did we play that much better after the fifth end. I think when our backs are against the wall, that's just what we do. We pick up our game and play a little bit more sharp.

"We're coming here this year to not start that way. We want to be sharp from the beginning."

"We do have the confidence that we know we can win this."

Krista McCarville

They've been mostly true to their word to start the Scotties Tournament of Hearts. They did

steal a total of seven points, winning two of their first three, but those were scored earlier in the game.

McCarville (2-1) was to face Michelle Englot of Manitoba in Monday evening's draw. The afternoon draw was full of heists with 14 stolen ends totalling 26 points.

Ontario's Rachel Homan and Englot stayed unbeaten and out front at 4-0. THE CANADIAN PRESS

NHL

Laine named first star of the week

Winnipeg Jets right-winger Patrik Laine, Toronto Maple Leafs centre Nazem Kadri and Edmonton Oilers centre Connor McDavid are the NHL's three stars of the week.

Laine was named the first star after leading the NHL with five goals and eight points in four games to propel the Jets to a seven-point week. His big week included his third career hat trick, including the winning goal, in a 5-2 triumph over Dallas on Tuesday.

He became the first player in NHL history to register three hat tricks before his 19th birthday, as

well as the first rookie to collect three hat tricks in one season since 1992-93.

The 18-year-old Tampere, Finland, native leads rookies with 52 points in 54 games this season and shares the rookie lead with 28 goals.

Kadri had four goals and two assists as the Maple Leafs split their four games last week.

McDavid had two goals and four assists as the Oilers won all three of their games last week. The 20-year-old Oilers captain leads the NHL with 67 points in 59 games. THE CANADIAN PRESS

Trouba suspended for illegal check

The NHL has suspended Winnipeg Jets defenceman Jacob Trouba for two games for an illegal check to the head of Ottawa Senators forward Mark Stone.

The incident occurred at 6:42 of the third period of Winnipeg's 3-2 win in Ottawa on Sunday. Stone had just made a pass in the Winnipeg zone when Trouba hit him with an open-ice elbow to the head.

Stone did not return to the game but has travelled with the Senators for their upcoming



Jacob Trouba's hit on Mark Stone. THE CANADIAN PRESS

road trip. Trouba was assessed a minor penalty for illegal check to the head on the play.

THE CANADIAN PRESS

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Stroman's focus on self improvement

MLB

Jays pitcher impressed last season, is fixing his mechanics

Marcus Stroman wasn't as consistent as he wanted to be in his first full season in the major leagues last year.

So the Blue Jays right-hander streamlined his mechanics in an effort to turn things around.

"Mechanically I got a little out of whack at some point and I just simplified everything on my own," he said on Monday, speaking to reporters for the first time this spring. "That's something I'm going to do this year, kind of in my delivery and my motion, but I feel great."

"I'm excited for what I'm going to do."

Stroman was part of a Toronto rotation that led the American



Pitcher Marcus Stroman imitating Usain Bolt during the morning workout. The Blue Jays continue the daily workouts as they prepare for the upcoming Grapefruit season at Bobby Mattick Training Centre. RICK MADONIK/TORSTAR NEWS SERVICE

League with a 3.64 earned-run average, a .236 batting average against, and a major-league best 995-1/3 innings pitched last season.

The 25-year-old accounted for 204 of those innings, making

him the only Blue Jays starter to surpass 200 on the year. But while he showed durability, Stroman's numbers weren't so impressive: he finished with a 9-10 record and 4.37 ERA through 32 starts.

"I think it might do him some good to go out there and compete in that WBC. That's right up his alley."

John Gibbons

This year he wants to do better. He took that goal into his off-season training.

"I take unbelievable care of my body. I pride myself on that," Stroman said. "(I'm) five-foot-seven, but that's something that I'm very confident in is my body and what I'm able to do out there."

"I'm pretty sure I can go out there and throw 200, 220, 240 (innings). I feel like I can do that year-in and year-out. That's the goal, as well as being dominating each and every outing."

THE CANADIAN PRESS

NBA

Kings deal all-star Cousins to Pelicans

DeMarcus Cousins is on his way out of Sacramento — and right into an All-Star frontcourt pairing with Anthony Davis.

The New Orleans Pelicans acquired Cousins in a five-player, two-draft pick deal with the Kings late Sunday night, the same night the centre was playing in the All-Star Game in their arena.

The Kings dealt one of the most talented but temperamental big men in the game along with Omri Casspi to New Orleans for



DeMarcus Cousins

GETTY IMAGES

Tyreke Evans, 2016 first-round draft pick Buddy Hield, Langston Galloway and first- and second-round draft picks this summer.

Cousins is averaging 27.8 points and 10.6 rebounds this season. He is to become a free agent in 2018. THE ASSOCIATED PRESS

IN BRIEF

Flames sign Coyotes' Stone

The Calgary Flames have acquired defenceman Michael Stone from the Arizona Coyotes for two draft picks.

Stone has a goal and eight assists in 45 games with the Coyotes this season and will be looked to help shore up Calgary's defence as it makes a playoff push.

THE CANADIAN PRESS

Arsenal into quarterfinals

Arsenal took 26 minutes to break through fifth-tier Sutton United's resistance and the 12-time FA Cup winners were made to toil for a 2-0 win to reach the quarterfinals on Monday.

At times it wasn't always apparent that the teams were separated by 105 places in the English soccer pyramid. THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Elegant Chicken Milanese



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



This dinner has two personalities: elegant, adult dinner or (cut in strips) high-end chicken fingers.

Ready in 30 minutes

Prep time: 15 minutes
Cook time: 15 minutes
Serves 4

Ingredients

- 1 pint of cherry tomatoes
- 1 garlic clove, sliced
- 2 Tbsp olive oil
- 1 Tbsp of balsamic vinegar
- Salt and pepper
- 2 chicken breasts
- 1 cup panko
- 1/3 cup Parmesan cheese, finely grated
- 1 Tbsp lemon zest
- 2 eggs
- 1 or 2 Tbsp olive oil

Directions

1. Preheat oven to 400 F. Place

tomatoes, garlic, olive oil, vinegar, salt and pepper on a baking sheet. Toss together then bake 20 minutes. Set aside.

2. With a sharp knife, slice chicken in half so you end up with four thin outlets. Place each between two sheets of cling film and use a rolling pin to pound until outlets are 1/4-inch thin.

3. Whisk eggs in a shallow bowl. Mix panko, Parmesan, lemon zest and salt and pepper on a plate. Dip outlets into egg, then press on each side in the panko mixture and place on a clean plate.

4. Pour olive oil in skillet over medium heat. Place chicken in hot oil and cook on each side till golden brown and crispy, about 5 minutes a side. Serve with fresh arugula and roasted cherry tomatoes.

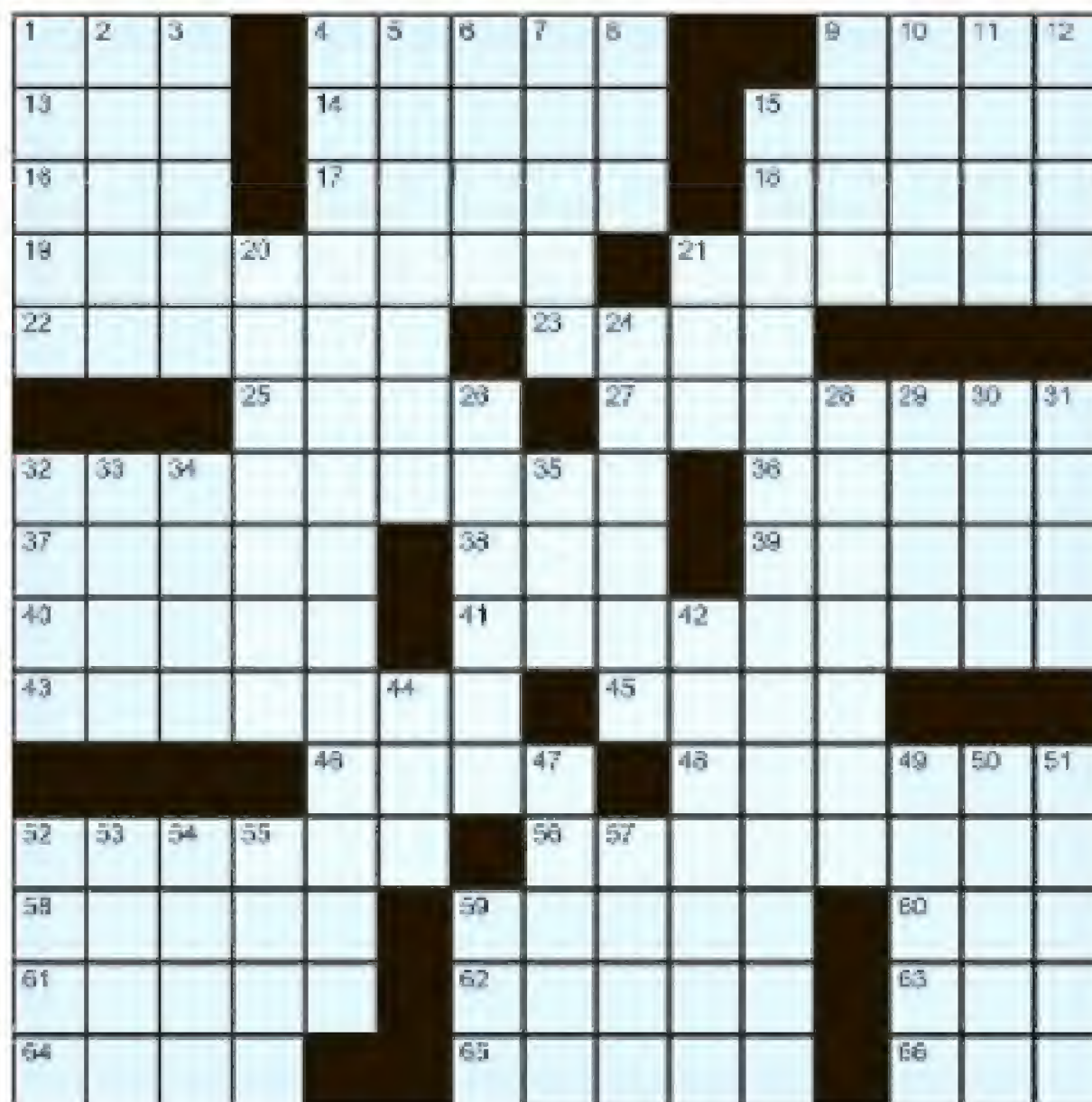
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Scammed
4. Blanketed, to a Bard
9. Boxer's pre-bout garb
13. U2 rock co-producer Brian
14. Actress Ms. Hayes (b.1900 - d.1993)
15. Two-footed
16. Bed-and-Breakfast
17. Towards the ship's left side
18. Overturn
19. Ready: 3 wds.
21. Hysteria
22. "Don't Forget the ___" (Game show)
23. Think, archaically
25. "Dr. ___"
27. Dutch scholar who wrote The Praise of Folly
32. Vintage house heaters
36. Like un-fresh bread
37. Cheese-making process
38. Hair salon product
39. Raise with effort
40. So much, in music
41. Refined fellow
43. Forest of France
45. Golfing hazard
46. Non-verbally agrees
48. Join the army
52. Layout/structure
56. Propensity
58. Egg-shaped
59. ___ Quebecois (Political group



- in Quebec)
60. Pinnacle
61. Like from-the-past fashions
62. Inert/gas
63. "The Golden Girls" name
64. Human 'cap' site
65. Unjustly treat

66. Alternatives

DOWN

1. Katherine of new CBS legal drama "Doubt"
2. Bother
3. Blood giver
4. "___" (When I'm Gone)" by

- Chilliwack
5. Store, as a library book
6. Bump on ___
7. Ross who ran for President in the 1990s
8. Wile E. Coyote's blaster
9. Ready for the

- picking
10. Frank
11. Mercedes-___
12. Country star Mr. Arnold
15. Yukon community on Kluane Lake which is home to the Kluane First Nation: 2 wds.

20. Take, as from a savings account: 2 wds.
21. Pro
24. Begudge
26. Wedged/stuck
28. Distinctive church feature
29. "Yes, ___"
30. Sea lettuce
31. Perceived
32. ___-tat-tat
33. Culture*medium
34. Kitchen timer sound!
35. Deli bread
42. Canadian Forces Base community in Southern Ontario
44. ___ much (Few)
47. Liverpool drumming legend Ringo
49. Something's start, shortly
50. Thoroughly search or examine
51. Writes using a computer keyboard
52. Spoon's pal
53. Vegetable-roasting place
54. Automatic
55. Morass
57. Consequently
59. Poodle's foot

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to lead others. You will be effective in dealing with friends, but you'll be especially effective with groups. Your enthusiasm will carry the day.

Taurus April 21 - May 21
You impress bosses, VIPs and parents today with your enthusiasm and ability to express yourself in positive terms. It's easy for you to sell any idea that appeals to you.

Gemini May 22 - June 21
This is the perfect day to make big travel plans. This also is a good day to make plans for education, publishing, the media, medicine and the law. Your optimism shapes your thinking.

Cancer June 22 - July 23
Discussions about inheritances and how to divide shared property will be successful today, because all parties will be fair and positive. Everyone will be pleased with results!

Leo July 24 - Aug. 23
Discussions with friends and partners will be upbeat and positive today. It's a great day to make plans for the future, especially about travel and dealing with foreign countries.

Virgo Aug. 24 - Sept. 23
Work-related travel will appeal to you today. You also are enthusiastic about practical plans related to your job. (You're not afraid to tackle something big.)

Libra Sept. 24 - Oct. 23
Creative projects, sports events and your work with children will get a lovely boost today, because you're thinking like a winner! Your optimism is the secret of your success.

Scorpio Oct. 24 - Nov. 22
Go forward with important family discussions today, especially if they relate to major repairs for the home. People are enthusiastic about what can be achieved.

Sagittarius Nov. 23 - Dec. 21
Short trips will delight you today. This is a good day to study anything new or to impart information to others, because people are willing to entertain new ideas.

Capricorn Dec. 22 - Jan. 20
Business and commerce are favored today. Look for ways to boost your income or to get a better job. Work-related travel will appeal.

Aquarius Jan. 21 - Feb. 19
You're in a positive frame of mind today because you expect good things for yourself in the future. Because your expectations are positive, it's quite likely that good results will follow.

Pisces Feb. 20 - March 20
Research of any kind will go well today because you are in the right frame of mind. You instinctively will investigate areas that will yield the best results.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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